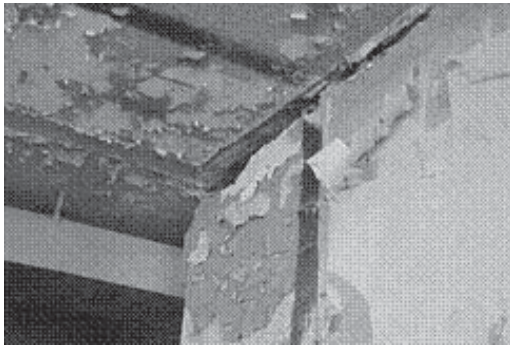


## Keep It Clean

### Make sure to test for lead dust when your job is finished.

- Collect dust samples to determine the effectiveness of the final cleanup.
- Consider hiring an independent lead-based paint risk assessor to conduct dust-wipe clearance testing.
- Collect three samples (from the floor, a window and a window well) in each room where work has been conducted.
- Make sure clearance lead levels for floors are 40 micrograms per square foot (ug/ft<sup>2</sup>); window sills, 250 ug/ft<sup>2</sup>; and window wells, 400 ug/ft<sup>2</sup>.



## For More Information

Contact your local public health unit or:



North Dakota Department of Health  
1200 Missouri Ave., P.O. Box 5520  
Bismarck, N.D. 58506-5520  
701.328.5188  
[www.health.state.nd.us](http://www.health.state.nd.us)

## Before You Begin

If your house was built before 1978, have the paint tested for lead by a state certified lead-based paint inspector or risk assessor. OR: Assume that all painted and varnished surfaces contain lead, and use safe work practices.

## The Fuss About Lead

Removing paint that contains lead may be the most hazardous part of a painting or home-improvement project. Lead paint was used in some homes built before 1978 and extensively in homes built before 1960.

If you will be disturbing old paint by sanding, scraping, using heat guns or installing new windows or other building materials, you may create lead dust, chips and fumes. Lead dust particles, the most common cause of lead poisoning, may be so fine that you cannot see them or clean them up with a broom or regular vacuum.

When lead is inhaled or ingested, it may cause lead poisoning. All it takes to poison a child is the amount of lead-based paint dust equivalent to a packet of sugar spread out in a 100-square-foot room or a single paint chip smaller than a fingernail. Lead poisoning can result in serious harm to the brain, kidneys, nervous system and red blood cells. Lead is especially dangerous to children and pregnant women.

Despite the dangers of lead poisoning, renovation work does not have to create a health hazard, regardless of whether you do it by yourself or hire a professional.

# Lead-Based Paint



## The Homeowner's Guide to Lead-Safe Painting and Home Improvement



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

## The Fuss About Dust

### Choose work methods that create the least amount of dust.

- Moisten surfaces; sand or scrape by hand. Keep removed material wet until sealed in a leak-proof, disposable container.
- Use chemical strippers. Be sure the stripper does not contain methylene chloride.
- Use a high efficiency particulate air (HEPA) vacuum, which can be used safely where there is lead dust.

## Play It Safe

### Always follow these safety guidelines.

- Keep children and pregnant women out of the work area.
- Work on one room at a time.
- Remove as much furniture as you can.
- Cover remaining furniture with plastic 4 to 6 millimeters thick, and securely tape down.
- Close off work area by taping plastic 4 to 6 millimeters thick over all doors, windows and floors; the ground; and other exposed areas.
- Turn off forced-air heating and air conditioning systems, and cover vents.
- Allow only workers to enter area until the job is complete. Be careful not to track lead-contaminated dust out of the work area.

- Don't eat, drink or smoke in the work area.
- Use a plant mister to moisten surfaces before scraping and sanding by hand.
- Mist drop cloths/plastic sheets before folding or rolling up. Misting will suppress dust.
- If others do the work, ensure they follow these practices to protect your family's health and safety.

## The Right Stuff

### Using the proper equipment will help you complete your job safely.

Protective equipment – such as safety glasses, disposable gloves, hats, shoe covers, protective clothing and NIOSH-approved respirators – are recommended. You also will want to have the following equipment on hand:

- Plastic drop cloths 6 millimeters thick, and duct tape
- Mops and buckets (two each)
- All-purpose cleaner, and cleaner made for lead cleanup (Liquid dish soap also can be used.)
- Spray bottles/plant misters
- Disposable rags and paper towels
- Heavy-duty plastic bags
- HEPA vacuum

## Leave the Scene Clean

### Always clean up carefully at the end of each workday.

- Change work clothes and shoes before leaving the worksite.
- Wash face and hands immediately after leaving the work area.
- Shower and wash hair as soon as possible.
- Wash work clothes separately from other laundry items.

### At Final Cleanup ...

- Mist all dust and paint chips, and place in doubled plastic garbage bags.
- Mist drop cloths; carefully roll or fold inward to keep the dust from becoming airborne; and discard into garbage bags.
- Use two buckets, one with detergent and one with clean rinse water, to wash/scrub the affected area thoroughly.
- Wash floors, ceilings, walls, window components, etc., with an all-purpose cleaner and disposable paper towels or rags. Rinse well, using a clean rag. Change rinse water often.
- Dispose of rags and paper towels in plastic bags.
- Use a HEPA vacuum.
- Never burn debris containing lead paint chips or dust.